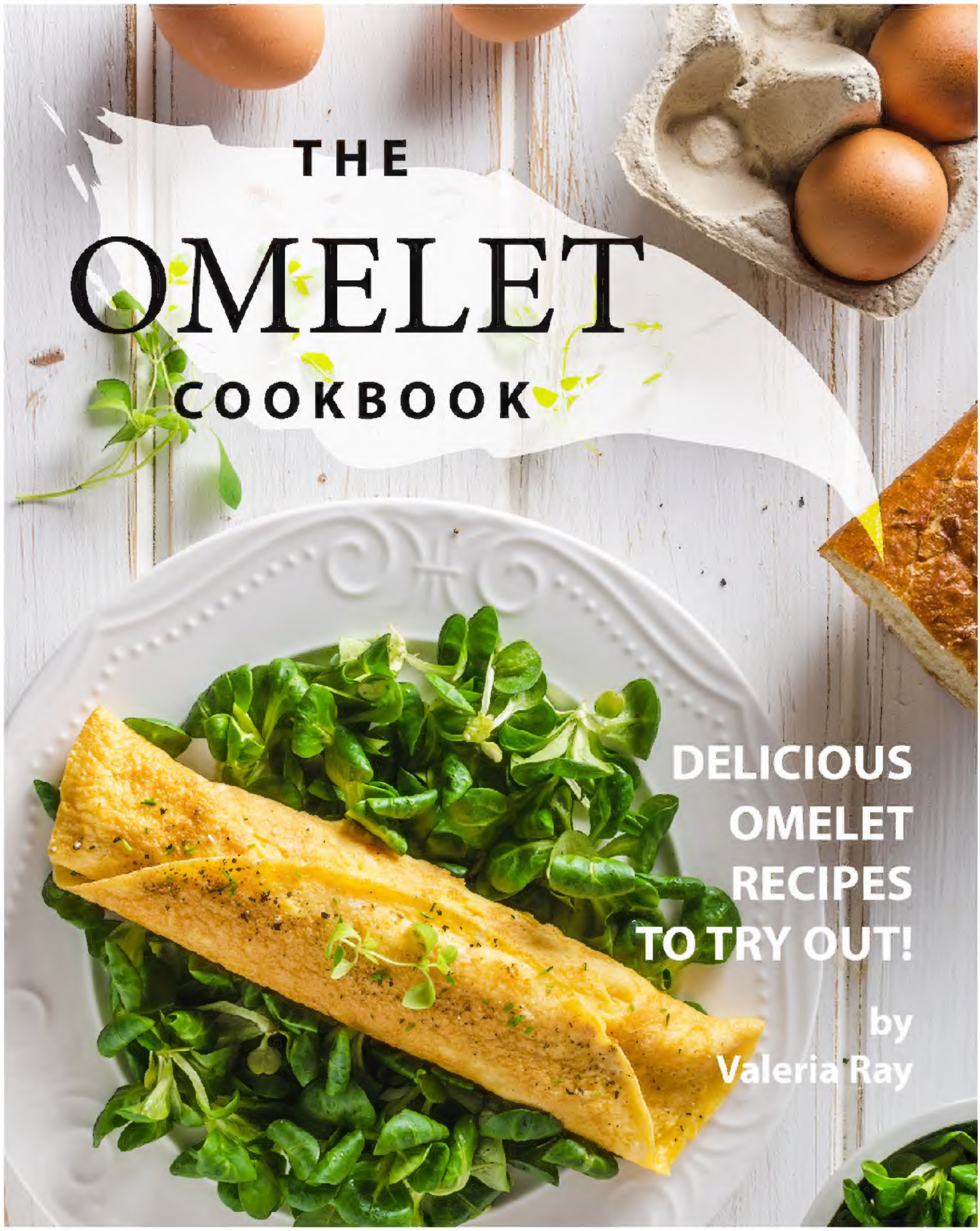
THE OMELET COOKBOOK

DELICIOUS OMELET RECIPES TO TRY OUT!

by

Valeria Ray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Introduction

Who doesn't love a good omelet for breakfast? Filling, delicious and healthy, omelets are a breakfast staple all across the globe. If you've been looking for delicious new recipes, let's get started! From traditional omelet recipes like Mushroom and Spanish Omelet to more adventurous options like a Thanksgiving Omelet Casserole, this recipe book has it all! So, let's not wait any longer – let's go!

1. Bacon & Avocado Omelet

Delicious crispy bacon with creamy avocado takes this omelet to another level!

Total Time: 10m

Servings: 1

Ingredients:

- Crispy bacon (1 slice)
- Large organic eggs (2)
- Freshly grated parmesan cheese (.5 cup)
- Ghee or coconut oil or butter (2 tbsp.)
- Avocado (half of 1 small)

Directions

Prepare the bacon to your liking and set it aside.

Combine the eggs, parmesan cheese, and your choice of finely chopped herbs.

Warm a skillet and add the butter/ghee to melt using the medium-high heat setting.

When the pan is hot, whisk and add the eggs.

Prepare the omelet working it towards the middle of the pan for about 30 seconds. When firm, flip, and cook it for another 30 seconds.

Arrange the omelet on a plate and garnish with the crunched bacon bits. Serve with sliced avocado.

2. Ham & Spinach Mini Quiche

This quiche is both delicious and filling!

Total Time: 30m

Servings: 2

Ingredients:

- Diced ham (4 slices)
- Whisked eggs 3
- Chopped spinach ¾ cup
- Chopped leek ¼ cup
- Coconut milk ¼ cup
- Baking powder .5 tsp
- Pepper & salt (as desired)

Directions :

Warm up the oven temperature to 350F/177C.

Combine all of the fixings in a large mixing container.

Pour the mixture into tart pans or four small mini quiche pans. Bake 15 minutes. Serve.

3. Potato & Rosemary Frittata

A frittata—somewhere between an omelet, a torta, and a quiche—is well suited to cooking in a cast iron skillet because the even distribution of heat in the oven cooks the eggs nicely.

Makes: 6 servings

Total Time: 45m

Ingredients:

- 2 tbsp. salted butter
- 1 large red potato, thinly sliced
- 1 yellow onion, chopped
- 2 garlic cloves, minced
- 6 eggs
- ½ cup shredded Cheddar cheese
- 4 tbsp. water
- 2 tbsp. fresh rosemary leaves, chopped

- Pinch sea salt

Directions :

Preheat the oven to 350°F.

In the skillet, melt butter on medium heat. Add the potato, onion, and garlic, and cook for about 10 minutes, stirring occasionally, until the potato begins to soften. Spread the mix at the base of the skillet.

In a large bowl, whisk the eggs, cheese, water, rosemary, and sea salt. Pour the egg over the potato mixture in the skillet. Cook for 3 to 5 minutes, or until the eggs begin to set. Transfer the skillet to the oven.

Bake for 12-15 mins. Slice in wedges and serve hot.

4. Finnish Omelet Roll

Known locally in Finland as sieni munakas, this breakfast recipe looks absolutely delicious and tastes even better!

Total Time: 20 minutes

Servings: 6

Ingredients:

- 6 eggs, whisked
- 1 cup milk
- 2 tbsp. flour
- A pinch of salt and black pepper
- 3 tbsp. olive oil
- 1 pound mushrooms, chopped
- 2 onions, chopped
- 1 tbsp. Basil, chopped

Method:

In a bowl, combine the eggs with the milk, flour, salt and pepper and whisk well.

Heat up a pan with 1 tbsp. olive oil on med high heat. Add in eggs mixture, spread into the pan, cook for 3 minutes, flip, cook for another 3 minutes and transfer to a plate.

Heat up the same pan with the rest of the oil over medium high heat, add the onions, stir and sauté for 3 minutes.

Add the mushrooms, stir and cook for 5 minutes more.

Spread this mixture over the omelet, sprinkle basil, roll the omelet, place it in a greased baking dish, introduce in the oven at 390 degrees F for 5 minutes, slice and serve for breakfast.

Enjoy!

5. Easy Spanish Omelet

Spanish omelet is always a delight, any day, any time.

Total Time: 30m

Servings per Recipe: 2

Ingredients

- 5-6 small peeled tomatoes,
- 1 minced medium onion,
- 1 small sliced zucchini,
- 1 cup sliced red pepper,
- 4 medium sliced mushrooms,
- 2 beaten whole eggs,
- 4 beaten egg whites,
- ¼ tbsp. each of pepper and garlic to taste,
- 2 oz. of shredded mozzarella cheese,
- 2 tbsp. of non-fat parmesan cheese

Direction

1. Preheat oven to 375 degrees F, and then cook your potatoes in water until they become tender. Add your vegetable oil inside a non-sticky pan before warming over medium heat. Add the onion slowly before you sauté, then add the vegetables before you sauté until they become tender and brown. gently beat and mix the eggs inside a medium-size bowl and mix with the earlier cheese mixture before stirring.

2. Pour the vegetable spray inside a pie pan, before transferring the potatoes along with the egg mix, then add the parmesan cheese, before baking the mix for some 18 minutes. Take the omelet away from heat and cool for 3 minutes before you cut and serve.

6. Classic French Omelet

Soft and creamy, this is the perfect recipe for a delicious French Omelet!

Serving Size: 1 serving

Total Time: 10m

Ingredients:

- 3 large eggs
- Salt and black pepper
- 1 tbsp. (15g) unsalted butter

Instructions:

In a bowl, beat eggs using a fork just until the whites disappear. Season with salt and pepper to taste.

Melt butter in a nonstick skillet swirling it around. You want the butter to be melted and foamy and not browned.

To cook the egg, you’re going to use the fork to stir them. Make sure you use to the fork with the tines up so as to not damage the pan.

Add the eggs to the butter and start stirring with the fork while also moving the pan around. Make sure you evenly break up the egg pieces. When the egg is creamy, allow it to set into one single mass and cook for about a minute.

Remove the skillet form heat and start tilting it up by the handle. Using your fork, gently roll the omelet over onto itself until evenly rolled, with the seam facing downwards!

Garnish with your favorite herbs and enjoy!

7. Omelet Brioche Sandwiches

These sandwiches are both simple and delicious.

Serves: 4

Time: 15 mins.

Ingredients:

- Buns (4 brioche)
- Eggs (7)
- Milk (1/4 cup whole)
- Salt (1/2 tsp.)
- Pepper (1/8 tsp. black)
- Butter (2 tbs. unsalted)
- cream cheese (3 oz. pkg. chive, cut into cubes)
- chives (2 tbs. minced fresh)

Directions :

Preheat the oven to 350°. Place the brioche buns on a baking sheet.

Warm the buns in the oven until hot. Remove the buns and set aside.

While the brioche is warming, make the omelet. Add the eggs, milk, salt and black pepper into a mixing bowl.

Whisk until well combined. Set a skillet with butter over low heat. When the butter melts, add the eggs.

Cook omelet until the bottom and edges are set (about 2 minutes).

Lift gently the edges of omelet with a spatula to allow uncooked egg to run underneath.

Continue this process until the omelet is cooked and the top set. Sprinkle the cream cheese cubes and chives over the omelet. Remove the skillet from the heat.

Split open the brioche buns. Cut the omelet into 4 pieces. Divide your omelet between your brioche bun.

Place the top bun over the omelet and serve.

8. Omelet with Tomato Sauce

This is one of the Mexican cuisines, you should try it!

Makes: 2 servings

Total Time: 35m

Ingredients:

- Egg (3, whites and yolks separated)
- Salt (1/3 + 1/3 tsp.)
- Black pepper (1/8 tsp.)
- Whole milk (3 tbs.)
- Butter (2 tbs., unsalted)
- Vegetable oil (1 tsp.)
- Parsley (1 tbs., minced)
- Garlic (1/2 clove, minced)
- Green bell pepper (1/4 cup, chopped)
- Thyme (1/8 tsp., dried)
- Tomato puree (1/2 cup)

- Mushrooms (1/4 cup, sliced, cooked)
- Olives (5, black, sliced)
- Tomatoes (3/4 cups, diced)

Directions :

Preheat the oven to 350°. Allow your egg whites sit in a bowl until they are at room temperature.

Beat the egg whites with a mixer on medium speed until stiff peaks form.

Put your egg yolks in a second mixing bowl. Beat with a mixer on medium speed for 4 minutes or until the yolks are lemon colored.

Add 1/3 tsp salt, milk and 1/8 tsp black pepper.

Mix only until combined. Gently fold in the egg whites.

In a 10" oven proof skillet over low heat, add 1 tbsp. butter and the vegetable oil.

Once hot, add in your egg mixture. Cook only until the bottom of the omelet is set and lightly browned.

This takes about 8 minutes on my stove. Remove & put the skillet in the oven.

Bake for 10-12 minutes or until the omelet is done and golden brown. Remove the skillet from the oven.

While the omelet is cooking, make the sauce. In a saucepan over medium heat, add 1 tbsp. butter, garlic, onion, celery and green bell pepper.

Sauté the vegetables for 5 minutes. Add 1/3 tsp salt, thyme and tomato puree.

Stir constantly and allow sauce to boil. Reduce to low heat then simmer for about 8 minutes.

Stir in the mushrooms, olives and tomatoes. Cook only until all **Ingredients** are hot. Remove the pan from the heat.

Make a cut in the middle of the omelet. Pour 1/3 cup sauce over the cut and around the omelet. Slide omelet onto a serving plate.

Serve each portion with additional sauce if desired.

Sprinkle the parsley over the omelet before serving.

9. White Cheddar and Apple Smoked Bacon Omelet

An easy to follow Omelet recipe that can be made in minutes.

Serves: 1

Time: 20 mins.

Ingredients:

- Eggs (3 large)
- Milk (2 tbsp.)
- Bacon (2 slices, apple smoked, cooked, crumbled)
- white cheddar cheese (1 cup, shredded)
- olive oil (1 tsp)
- salt (to taste)
- black pepper (to taste)

Directions :

Heat the oil in a nonstick skillet for medium heat.

Whisk the eggs together with the milk and then season with pepper and salt.

Pour into the pan and cook until just starting to set, then sprinkle with the bacon and top with the cheese.

Cook undisturbed until egg is set and cheese is melted, then flip half the Omelet over and cook for a further minute to set.

Slide onto a plate and serve immediately.

10. Cheesy Mushroom Omelet

The mushrooms in this omelet are a total game changer!

Time: 30m

Servings: 1

Ingredients:

- Butter (1 oz./28 g)
- Eggs (3)
- Shredded cheese (1 oz./28 g)
- Yellow onion (3 tbsp.)
- ½ cup spinach, chopped finely
- Mushrooms (3)
- Pepper and Salt (to your liking)

Directions :

Add the butter to a skillet.

Whisk the eggs, spices, salt, and pepper until frothy.

Prepare the omelet. Once the bottom is firm, sprinkle in the onions, spinach, mushrooms, and cheese.

Carefully remove the edges and fold the omelet in half.

Slide onto a plate when it’s done.

11. Easy Omelet Casserole

A quick basic recipe that works great with your desired toppings!

Prep **Time:** 15 mins

Total Time: 55 mins

Servings per Recipe: 5

Ingredients

- 8 eggs
- 1/2 C. shredded Cheddar cheese
- 1 C. milk
- 1/2 C. shredded mozzarella cheese
- 1/2 tsp seasoning salt
- 1 tbsp dried minced onion
- 3 oz. cooked ham, diced

Directions

1. Set your oven to 350 degrees F before doing anything else and grease an 8x8-inch casserole dish.
2. In a bowl, add all the **Ingredients** and beat till well combined.
3. Place the mixture into prepared casserole dish.
4. Bake for about 40-45 minutes before serving!

12. Mushroom and Beef Omelet

The addition of beef enhances the mushroom flavour taking it to the next level!

Prep **Time:** 10 mins

Total Time: 35 mins

Servings per Recipe: 2

Ingredients

- 2 tbsp butter
- 7 baby portobello mushrooms, sliced
- 1/2 green bell pepper, chopped
- 1/2 lb. beef tips
- 1/2 red bell pepper, chopped
- 1/2 C. egg substitute
- 1/2 Bermuda onion, sliced

Directions

1. In a pan, melt butter on med heat and cook mushrooms, bell peppers and onion for about 5 minutes.
2. Stir in beef and cook for about 5-10 minutes.
3. Stir in egg beaters and cook for about 10 minutes.

13. Mexican Steamed Omelet

This recipe calls for a sous vide process of cooking that results in a soft fluffy omelet!

Prep **Time:** 15 mins

Total Time: 28 mins

Servings per Recipe: 1

Ingredients

Ingredients:

- 2 eggs
- 1/2 C. shredded Cheddar cheese

Optional:

- 2 tbsp chopped fresh tomato
- 1 tbsp chopped green bell pepper
- 2 slices ham, chopped
- 1 tbsp chopped onion
- 2 fresh mushrooms, sliced

- 1 tbsp chunky salsa

Directions :

1. In a large resealable freezer bag, crack the eggs.
2. Seal the bag tightly after squeezing out the excess air.
3. Carefully, squeeze the bag to beat the eggs.
4. Open bag, and add ham, cheese, salsa, mushrooms, green pepper, tomato and onion.
5. Seal the bag tightly after squeezing out the excess air.
6. In a large pan of the boiling water, add the bag and cook for about 13 minutes.
7. Remove the bag from the pan and carefully, open it.
8. Transfer the omelet onto a plate and serve.

14. Garden Omelet

Enjoy having fresh veggies in your omelet!

Prep **Time:** 15 mins

Total Time: 25 mins

Servings per Recipe: 2

Ingredients

- 3 tbsp olive oil
- 4 asparagus spears, chopped
- 1/4 C. chopped onion
- 2 tbsp milk (optional)
- 1/4 C. chopped green pepper
- 2 slices Provolone cheese
- 1 lb. ham steak, cut into small pieces
- 1 tsp garlic salt
- 5 large eggs

Directions

1. In a bowl, add eggs, milk and asparagus and beat till well combined. Keep aside.
2. In a pan on med heat, heat oil and cook green pepper and onion for about 5 minutes.
3. Stir in ham and garlic salt and top with egg mixture evenly.
4. Add Provolone cheese slices and cook for about 3 minutes.
5. Gently fold the omelet in half and cook for about 2 minutes.

15. Skillet Omelet

A quick and simple recipe to make for busy mornings!

Prep **Time:** 5 mins

Total Time: 9 mins

Servings per Recipe: 1

Ingredients

- 2 eggs
- 1 tomato
- 4 basil leaves

Directions

1. Add 2 minced basil leaves, 1/2 tsp of water and pepper to the eggs and whisk well.
2. Heat a skillet, spray non-stick cooking spray and fold in the egg mixture.
3. Cook until firm ensuring to scrape the bottom of the skillet.

4. Slice the tomatoes and top up with the egg mixture.

5. Serve garnished with the balance basil leaves and adjust seasonings with salt and pepper.

6. Enjoy.

16. Tex-Mex Omelet Casserole

This is a fantastic brunch option!

Prep **Time:** 10 mins

Total Time: 40 mins

Servings per Recipe: 4

Ingredients

- 5 eggs
- 1 (4 ounces) cans diced green chilies, drained 2 tbsps. butter, melted
- 1 tomato, sliced
- 1/4 cup flour
- sour cream
- 1/2 tsp. baking powder

salsa

- 1 (8 ounces) cartons cottage cheese
- 2 cups shredded Monterey jack cheese

Directions

1. Place eggs, flour, butter and baking powder in a bowl and combine well.
2. Fold in the chilies and cheese. Grease a casserole dish and add in the mixture.
3. Cook in the oven for 12 minutes at a temperature of 400F.
4. Cut the tomato into slices and keep on top. Place in the oven once again.
5. Lower the heat to 350F and cook for another 22 minutes.
6. Serve garnished with salsa and sour cream.
7. Enjoy.

17. Tuna Melt Omelet

A great treat for lunch, this tuna omelet is worth making!

Total Time: 10 mins

Servings per Recipe: 1

Ingredients

- 2 eggs, beaten
- 1 tbsp. butter
- ½ cup leftover tuna salad, warmed to room temperature
- 1 ounce Swiss cheese or processed Swiss-style singles

Directions

Firstly, make your omelet in a very simple method, with the Swiss cheese placed over half of the omelet when it is time to add the filling.

Now, equally distribute the tuna salad over the cheese and have it covered. Reduce heat and cook for about three (3) to four (4) minutes until it gets hot all through, and then finish making the omelet.

18. Healthy Blintzlets

A delicious treat that falls between an omelet and a blintz, this is a yummy breakfast that will get you satisfied!

Total Time: 30 mins

Servings per Recipe: 6

Ingredients

- ¼ cup vanilla whey protein powder
- 1 cup 4% or 2% cottage cheese
- 1 tbsp. Splenda
- 2 tbsp. sour cream
- ½ tsp vanilla extract
- 6 tbsp. low-sugar strawberry preserves
- 4 eggs

Directions

Inside your food processor with the S-blade in place, transfer the Splenda, sour cream, cottage cheese, and vanilla, then process until it gets very smooth.

Now, in a blender, transfer the protein powder and eggs, then spin for about 20 seconds.

Over medium-high heat, have a nonstick skillet that is about 89 inches (about 20 – 25 cm), and ensure that it gets really hot before you cook!

Now, spray it with a nonstick cooking spray, although it is nonstick already.

At this point, sprinkle in a little patch of the egg mixture and swirl the pan so that the whole bottom gets coated. Doing this is just to ensure that the bottom of the skillet is covered with lots of the egg mixture and attain a thin but strong layer.

Cook for a minute or thereabout, until the egg gets set at the top, then turn briefly. Ensure that you apply care because with the protein powder, the mixture gets very delicate.

Get a plate and lay the thin eggy pancake on it, then on one half, spread evenly a tbsp. of the preserves, then, over it, spread three (3) tbsp. of the mixed cottage cheese.

Finally, fold and serve!

Do this for the ingredients that are remaining

19. Thanksgiving Omelet Casserole

A perfect way to disguise leftovers from your Friday after thanksgiving!

Total Time: 1 hr.

Servings per Recipe: 5

Ingredients

- 1 cup cottage cheese
- 5 eggs
- ½ tsp baking powder
- 6 slices bacon, cooked until crisp
- ½ pound Swiss cheese, cubed
- ¾ cup cubed cooked turkey
- ¼ cup melted butter
- ½ tsp salt

Directions

To 350°F (gas mark 4, or 180°C), have the oven preheated.

Using butter or nonstick cooking spray, have a 6-cup (1.4L) casserole dish sprayed generously.

Into a bowl, smash the eggs, and beat them using a whisk.

Now, pour in and whisk the baking powder and salt, ensuring that they mix properly.

Pour in and beat thoroughly the cottage cheese, melted butter, Swiss cheese crumbled bacon and cubed turkey.

Now, have everything transferred into the prepared casserole dish, then bake until it gets set, for about thirty-five (35) to forty (40) minutes.

20. Chili Omelet

This Mexican inspired omelet is going to be a total hit!

Total Time: 10 mins

Servings per Recipe: 1

Ingredients

- 2 eggs, beaten
- 1 tbsp. Olive oil
- 1 tbsp. Sour cream
- 2 tbsp. shredded cheddar cheese
- ½ cup all-meat chili, warmed

Directions

First of all, prepare your omelet in the easiest method possible, and when it is time to add the filling, place the chili over half of the omelet.

Top it up with the cheddar, have it covered, reduce the heat to low and cook for about two (2) to three (3) minutes, until the cheese gets melted.

Finish making up the omelet and use the sour cream as a top up.

21. Pumpkin Omelet

The addition of pumpkin to this recipe makes for a nutritional breakfast option!

Total Time: 10 mins

Servings per Recipe: 1

Total Time: 10 mins

Servings per Recipe: 1

Ingredients

- 12 oz Pumpkin
- 2 Eggs
- 1 ¼ cup Flour
- 1/8 tsp Salt
- Oil

Directions

Cut pumpkin into the finest shreds.

Add eggs into a bowl and whisk it all together. Be sure to incorporate the yolk and the white together well. Then add pumpkin, flour and water then whisk them all together. Season with salt.

Heat a pan on med-high heat. Add oil and pour in the eggs. As it sets around the edges, gently push cooked parts toward the middle. Tilt pan and allow uncooked egg to flow towards edge. When surface of the egg looks set but does not move when the pan is jiggled, it’s ready for filling.

Fold the pumpkin omelet in half and allow the bottom to slightly brown before sliding onto a plate.

22. California Omelet

Get your taste buds ready for this fun omelet recipe.

Total Time: 20 m

Servings per Recipe: 1

Ingredients

- 1 tbsp. olive oil
- 3 or 4 slices ripe black avocado
- 2 eggs, beaten
- ¼ cup alfalfa sprouts
- 2 ounces Monterey Jack cheese, shredded

Directions

Prepare your omelet as simply as possible, with the Monterey Jack placed over half of the omelet when it is time for adding the filling.

Have it covered, reduce the heat to low and for about two (2) to three (3) minutes, cook until the cheese gets melted.

Now, over the cheese, arrange the sprouts and avocado and finish up making the omelet.

23. New York Sunday Brunch Omelet

This will absolutely blow you away!

Total Time: 20m

Servings per Recipe: 1

Ingredients

- 2 scallions, sliced
- 1 tbsp. butter
- ¼ cup flaked smoked salmon
- 2 ounces cream cheese
- 2 eggs, beaten

Directions

Prepare your omelet just using an easy omelet method, with the cream cheese placed over half of the omelet when it is time for adding the filling.

Now, top with the Salmon, have it covered, reduce the heat to low and cook for about two (2) to three (3) minutes until it gets hot.

Distribute the scallions over the salmon and finish making up the omelet with the simple method you started with.

24. Spinach Mushroom Quiche

Here’s a quick and easy quiche to whip up!

Total Time: 20m

Servings per Recipe: 8

Ingredients

- Monterey Jack cheese
- 8 ounces sliced mushrooms
- 3 eggs
- 2 tbsp. butter
- 2 tbsp. dry vermouth
- 10 ounces frozen chopped spinach, thawed
- 1½ cups shredded
- ¾ cup heavy cream
- ½ tsp salt
- ¾ cup Carb Countdown dairy beverage
- ½ cup chopped onion

- ¼ tsp pepper
- Almond-Parmesan Crust, prebaked

Directions :

Firstly, get your crust ready

Get your oven preheated to 325oF (gas mark thee (3), or 170oC).

Over medium-high heat, in a large heavy skillet, sauté the onion and mushrooms in the butter until you notice the onion becoming translucent and the mushrooms become limp.

Get a large mixing bowl, if possibly one that has a pouring lip and transfer the mixture into it.

Dump the thawed spinach into a strainer, and with clean hands, squeeze as much moisture as possible out of it. add it to the mushroom mixture.

At this point, add the cream, eggs, and the carb countdown dairy beverage. Mix everything thoroughly until it becomes properly incorporated.

Now, beat in the pepper, salt and vermouth.

Have the bottom of the Almond-Parmesan crust covered with the Monterey Jack and transfer it to the oven for some minutes, just until when cheese begins to melt.

Remove it from the oven and whisk in the egg-vegetable mixture (Your quiche will get really full!).

Now, with care, transfer it back to the oven. It is advisable that you place under it a flat pan, on the floor of the oven, just to catch any drops.

Now, bake until it gets set in the center, and this should take about 50 – 60 minutes.

Allow it to cool.

Traditionally, quiche is served at room temperature. However, if you prefer it warm, then you should try making it ahead, allow it to cool, chill it, then divide it into slices and warm for one (1) minute or two in your microwave on 70 percent power, rather than having it served just right out of the oven.

25. Mexican Omelet

This one will surely fire up your day in the morning!

Total Time: 20m

Servings per Recipe: 1

Ingredients

- 2 eggs, beaten
- 1 tbsp. (14 g) butter
- 2 tbsp. (32 g) salsa
- Hot pepper sauce (optional)
- 2 ounces (55 g) jalapeño Jack cheese, shredded or sliced

Directions

Simply make your omelet with the simplest method possible, and when it is time to add the filling, place the cheese over half of the omelet.

Have it covered, reduce the heat down to low, and cook for about three (3) to four (4) minutes, when the cheese gets melted.

Finish making the omelet with the simple method you began with.

Finally, top with salsa and hot sauce (if you are making use of it)

26. Meaty Crab Omelet

Bring in the flavour of the ocean to your breakfast table!

Total Time: 40m

Servings per Recipe: 1

Ingredients

- 2 eggs, beaten
- ¼ cup (35 g) canned crabmeat, flaked and picked over for shells and cartilage
- 1 tbsp. (14 g) butter
- 2 scallions, sliced
- 1 to 2 tbsp. (14 to 28 g) mayonnaise

Directions

Mix together the crab meat with the scallions, then keep the mixture on standby.

Prepare your omelet using the simplest method you know, with the mayonnaise spread over half of the omelet and having it topped with the mixture of crab and scallion when it is time for you to add the filling.

Cover it, bring down the heat to low and cook for about three

(3) to four (4) minutes, until the cheese becomes melted.

Finish making the omelet following the method you started with.

27. Carrot Omelet

Shred the carrot in advance for an easy and quick breakfast omelet!

Total Time: 20m

Servings per Recipe: 1

Ingredients

- 3 Eggs
- ¾ cup water Water
- Oil
- 1/8 tsp Salt
- ¾ cup Flour
- 1/3 Carrot
- 5 Shallots(optional)

Steps:

Chop the shallots and cut carrots into the finest shreds.

Add eggs into a bowl and whisk it all together. Season with salt and pepper (optional).

Mix flour and water until the surface is fine.

Pour the egg mixture into the pot with flour and water, add carrot and shallots.

Put a little oil into frying pan and pour the egg mixture. As the mixture sets around the edge of pan, use the spatula to push cooked portions toward the center of pan gently. Tilt pan and allow the uncooked egg to flow into empty spaces. When the surface of the eggs looks moist but does not move when the pan is jiggled, it’s ready for filling.

Fold omelet in half and let the bottom brown slightly before sliding onto a plate.

28. Guacamole Omelet

Delicious omelet filled with healthy avocado stuffing!

Makes: 1 serving

Total Time: 15m

Ingredients:

- Eggs (2, large)
- Milk (1 ½ tbsp.)
- Salt (to taste)
- Black pepper (to taste)

Filling:

- Avocado (1 ripe, peeled, chopped)
- Tomato puree (2 tbsp.)
- Onion (1 small, diced)
- Coriander (1 tsp, finely chopped)
- Lemon (1/2, juiced)
- Salt (to taste)

- Black pepper (to taste)

Directions :

Heat the oil over med heat.

Mash all the filling ingredients together with a fork. Set aside.

Whisk the eggs with milk & salt and pepper.

Add the eggs & cook until just set, swirling the pan if necessary, to ensure the eggs cook evenly.

Remove from the heat and spoon the filling over one half of the Omelet. Fold over the other half and serve immediately.

29. Middle Eastern Omelet

Fresh Middle Eastern flavors all wrapped up in a fluffy Omelet.

Makes: 1 serving

Total Time: 15m

Ingredients:

- Eggs (3, large)
- Milk (2 tbsp.)
- Cherry tomatoes (1/2 cup, halved)
- Black olives (1 tbsp., chopped)
- Scallions (1 tbsp., chopped)
- Feta cheese (1/4 cup, crumbled)
- Olive oil (1 tsp)
- Black pepper (to taste)
- Sumac powder (optional)

Directions :

Heat the oil in a pan. In a bowl, mix together the tomato, olives, scallions and feta cheese.

Season with black pepper.

Whisk the eggs together with the milk. Add the eggs & cook until just starting to set, then sprinkle evenly with the feta mixture.

Cook until egg is set and then flip half the Omelet over and cook for a further minute to set.

Slide onto a plate and serve topped with a little Sumac!

30. Healthy Egg White Omelet

This is a great recipe if you want to cut back on your cholesterol intake!

Makes: 1 serving

Time: 10m

Ingredients:

- Egg (3, whites)
- Black pepper (to taste)
- Olive oil (1 tsp)
- Baby spinach leaves (3/4 cup, chopped)
- Water (1 ½ tbsp.)
- Salt (to taste)
- Red onion (1/4 cup, diced)

Directions :

Set a nonstick skillet with oil on the medium heat. Next, add in the onion and spinach then sauté for about 5 minutes or until the spinach is wilted and the onion is soft. Remove them from the pan and set aside.

Whisk the eggs and the water together and then season with pepper and salt.

Add the eggs to a pan and cook until the eggs are starting to set, next, sprinkle with the spinach mixture.

Cook until egg is set and then flip over and cook for a further minute to set.

Slide onto a plate and serve.

Conclusion

And there you have it! We've had so much fun coming up with these delicious omelet recipes and hope you find them a great starting point to try and experiment with **Ingredients** and flavors.

Try to add your own touch to recipe for personalized cooking! What recipe are you most excited to try out? The best part is that you can try any of these recipes anytime – day or night, they work so well and are super versatile.

About the Author

A native of Indianapolis, Indiana, Valeria Ray found her passion for cooking while she was studying English Literature at Oakland City University. She decided to try a cooking course with her friends and the experience changed her forever. She enrolled at the Art Institute of Indiana which offered extensive courses in the culinary Arts. Once Ray dipped her toe in the cooking world, she never looked back.

When Valeria graduated, she worked in French restaurants in the Indianapolis area until she became the head chef at one of the 5-star establishments in the area. Valeria's attention to taste and visual detail caught the eye of a local business person who expressed an interest in publishing her recipes. Valeria began her secondary career authoring cookbooks and e-books which she tackled with as much talent and gusto as her first career. Her passion for food leaps off the page of her books which have colourful anecdotes and stunning pictures of dishes she has prepared herself.

Valeria Ray lives in Indianapolis with her husband of 15 years, Tom, her daughter, Isobel and their loveable Golden Retriever, Goldy. Valeria enjoys cooking special dishes in her large, comfortable kitchen where the family gets involved in preparing meals. This successful, dynamic chef is an inspiration to culinary students and novice cooks everywhere.

Author's Afterthoughts

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With much thanks,

Valeria Ray